

FROM FORTY-FIVE TO SIXTY

A Word of Help to Women of Middle Age From Mrs. Raney.

Morse, Okla.—"When I was 45 years old Lydia E. Pinkham's Vegetable Compound carried me through the critical period of the Change of Life in safety. I am over 60 and have raised a family of eight children and am in fine health. My daughter and daughters-in-law recommend your Vegetable Compound and I still take it occasionally myself. You are at liberty to use my name if you wish."—Mrs. ALICE RANEY, Morse, Oklahoma.

Change of Life is one of the most critical periods of a woman's existence. This good old-fashioned root and herb remedy may be relied upon to overcome the distressing symptoms which accompany it and women everywhere should remember that there is no other remedy known to carry women so successfully through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you want special advice write to Lydia E. Pinkham Medicine Co., (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

HOW DOCTORS TREAT COLDS AND THE FLU

First Step in Treatment Is a Brisk Purgative With Calotabs, the Purified and Refined Calomel Tablets that are Nausealess, Safe and Sure.

Doctors have found by experience that no medicine for colds and influenza can be depended upon for full effectiveness until the liver is made thoroughly active. That is why the first step in the treatment is the new, nausealess calomel tablets called Calotabs, which are free from the sickening and weakening effects of the old style calomel. Doctors also point out the fact that an active liver may go a long way towards preventing influenza and is one of the most important factors in enabling the patient to successfully withstand an attack and ward off pneumonia.

One Calotab on the tongue at bed time with a swallow of water—that's all. No salts, no nausea nor the slightest interference with your eating, pleasure or work. Next morning your cold has vanished, your liver is active, your system is purified, and you are feeling fine, with a hearty appetite for breakfast. Druggists sell Calotabs only in original sealed packages, price thirty-five cents. Your money will be cheerfully refunded if you do not find them delightful.—(Adv.)

As One Raised From Dead

STOMACH PAINS GONE

Eaton Made Him Well

"After suffering ten long months with stomach pains, I have taken Eaton and am now without any pain whatever. Am as one raised from the dead." writes A. Percelsfeld.

Thousands of stomach sufferers report wonderful relief. Their trouble is too much acidity and gas which Eaton quickly takes up and carries out, restoring the stomach to a healthy, active condition. Always carry a few Eatons, take one after eating, food will digest well—you will feel fine. Big box costs only a trifle with your druggist's guarantee.

Many School Children Are Sickly

Mothers who value their own comfort and the welfare of their children, should never be without a box of Mother Gray's Sweet Powder for Children. For use throughout the season. They break up colds, relieve nervousness, constipation, teething disorders, headache and stomach troubles. Used by mothers for over 30 years. THESE POWDERS GIVE SATISFACTION. All drug stores. Don't accept any substitute.

PARKER'S HAIR BALM
Restores Dandruff-Itchiness-Itching
Restores Color and
Beauty to Gray and Faded Hair
Sells at 25c and 50c at Druggists,
Hawley & Co., Wash. Post-Bureau, N. Y.

HINDERCOINS Remove Corns, Calluses, etc., stop all pain, ensure comfort to the feet, make walking easy. 12c per box or 50c per dozen. Hindercoins Chemical Works, Philadelphia, Pa.

BULGARIANS
live longer than any other race.

Bulgarian Blood Tea
Promotes health and long life. Use it to sweeten the stomach, tone the liver, flush the kidneys and purify the blood. Sold everywhere by druggists and grocers.

HERE'S THE LATEST TOY OUT

The Little "Kiddie Movie"
Picture Machine
Any child can operate. No lights, no danger. 12 reels of amusing pictures free with each machine. No end to fun. Suitable for boy or girl 5 to 15 years. Order today for Christmas. By parcel post \$1.50 complete.

THE KIDNAPER Says Mrs. C. Co., East St. Louis, Ill.

FOR SALE—OR WILL TRADE FOR MEDICINES, eight improved flutes, C. M. LEAVITT (Owner), Pine Bluff, Arkansas.

Stop Your Coughing
No need to let that cough persist. Stop the irritation, and remove tickling and hoarseness by soothing the inflamed throat with

PISO'S

Carve History on Totem Pole

Indian Chief Engraving Tribal Records on Skyscraping Cedar Pole.

HAS ENTHUSIASM OF ARTIST

When Work Is Completed the Pole Will Stand in Front of the School for the Tribe to Keep Fresh Legendary History.

Portland, Ore.—In these days of profiteering and wild scrambles for the almighty dollar, it is a consolation to find one man in the world who is not money mad and who is working and has been working assiduously for the last five years all for an ideal and with no ulterior thought of pecuniary gain spurring him on. The remarkable part of it is that this artist, for he is an artist of the highest type, is a full-blooded American Indian chief. He answers to the name of William Shelton, and when not busy perfecting his life work, a monstrous and skyscraping totem pole upon which is inscribed the history of the Snohomish tribe, he supervises the running of the Indian reservation school at Tulalip.

Although Shelton is well educated and thoroughly familiar with the world of business, he prefers to devote his time and attention toward the fulfillment of an ideal. Generations ago Indians lost the art of totem carving, and he is the only known totem pole maker in the world today.

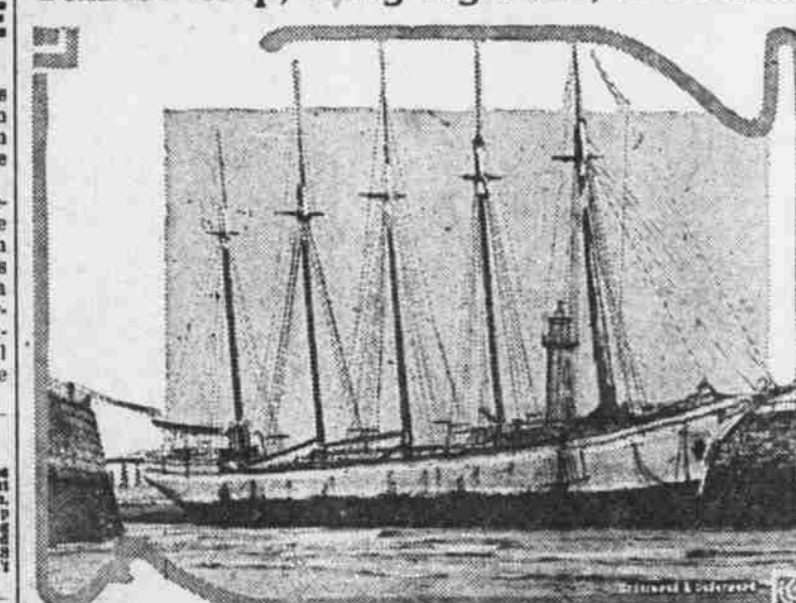
Five Years Consumed.

To date Shelton has worked during his spare time more than five years on the gigantic post. This work has been accomplished aside from his duties as head of the reservation school. Early every morning before he begins the duties of directing the functions of the schools he is at work on his historic pole. At the close of the school session each day finds him again hard at work with chisel and mallet. It can be seen therefore that all of the many hours he has devoted to his pet project might be termed overtime.

When finished the pole will stand more than 100 feet in height and will measure nearly seven feet in diameter. It has been selected from the greatest of the big cedars which grow on the reservation at Tulalip. When the work is completed the pole will stand in front of the school for the tribe, where for generations to come it will keep fresh their hereditary history.

"One of the principal reasons for my devoting so many years to the making of this gigantic history pole," said Shelton recently, "is to shatter the persistent belief among so many Americans as well as others that the totem pole originally had for its purpose mainly the idea of worship. I'll make a wager that two out of every three white persons who view totem poles in parks, or who go to visit the gigantic pole at Seattle, Wash., have the idea

Yankee Ship, Long Aground, Is Floated



The five-masted American auxiliary-powered sailing ship Cappaos, which went ashore at Robin Hood's bay on the Yorkshire coast October 24, 1919, and which has just been floated and towed into Whitby harbor.

TEACH CHILD EARLY

Plan Legislative Activity in Favor of Kindergarten Work.

National Association Reports Many States as Taking an Interest in the Subject.

Washington.—A wave of interest in early education is sweeping over the country, according to the National Kindergarten association of New York, which says that plans for legislative activity have been reported from Colorado, Connecticut, Georgia, Illinois, Indiana, Kansas, Missouri, New Mexico, South Dakota, Tennessee, Wisconsin and New York.

Porto Rico is also going to work for a favorable kindergarten law.

The latest figures compiled by the bureau of education at Washington show that this country contains 4,000,000 children between four and six

that the pole at one time was worshipped by some Indian tribe.

Pole Only Historical.

"Such is not the case. The totem pole is nothing more nor less than a history done in wood carving. Those persons who are writing or who will write the history of the recent great conflict in Europe are, in the eyes of many Indians, in reality totem pole makers. In short, a totem pole maker is a historian. The historians of the war will for years keep alive for future generations the story of the rise and fall of the much-despised Kaiser, of the rape of Belgium, of the coming of the Yanks, of the battles of the Marne, the Somme, the Argonne and of the armistice and the peace table. For centuries to come people will read about those great twentieth century

Italians Are Eager to Return to U. S.

Men Who Served Under Pershing and Returned to Native Land Disillusioned.

WIVES ALSO DISSATISFIED

Lower Wages and Lack of Modern Dwellings Bring Longing for America—Food in Country Districts Higher Than in Cities.

Rome.—All over Italy, in villages and towns, there are hundreds of Italo-American ex-soldiers longing to get back to the United States, and only waiting until the vendemmia, or harvesting of the grapes, is over. How they came to return to their native land when they loved America, American cities and American ways is, through one of the mistaken ideas of many ex-soldiers, who imagined that once war was over they would be happy in Italy, although they had fought in France under General Pershing and had lived and made good money in America for many years.

When the armistice came and these Italo-Americans were given a chance of being demobilized in France they jumped at it, because at that time there was a rumor that fabulous prices were being paid to workmen in Italy. This fairy tale was true at that time, as the government had still in operation her ammunition factories, and, of course, wages were kept at a high level, but, as the wages of farmhands and workmen of all sorts had also increased, the cost of living had increased more than three times in price compared to pre-war schedules.

Impulsively they sent for their families, who very often had to sell all they owned in order to pay for the

events from the printed pages of many books. Totem poles are in reality Indian books, and the marks and curious carvings upon them take the place of the printed words in the white man's books and are quite as readily translated by the Indians of the tribe to which the pole belongs.

Shelton is filled with enthusiasm about his work, the enthusiasm of a real artist. His face lights up at the opportunity to talk of his work, and his black eyes flash. He is about forty-five years old and in full Indian regalia he looks as if he might have just stepped from the printed pages of wild western fiction. In his store clothes, however, although he would not be mistaken for other than a red-skin, he resembles an acute business man of today. During the war, although he was too old for active service, he showed an amount of patriotism that won him commendation from the government. At that particular time he proved himself to be a "really" American. Appearing in full Indian regalia he was a great aid at swelling subscriptions to all of the Liberty loans, and also played a conspicuous part in other war work.

Steamship ticket to Italy. Then many families settled down to live with the parents of the husband or wife, and after a short while suffered a great disillusion, as things were not what they had imagined. While they had been away from their native land they had thought of it as picturesque and beautiful, with an ideal climate and congenial conditions. They forgot the discomforts of the old home with its lack of running water and modern improvements which these Italo-Americans had grown accustomed to in the new land of freedom.

The husband could put up with it, but the wives could not, as in many villages—in fact, in nearly all those of Central Italy—the water must be carried from the village fountain. Whenever any washing was to be done the clothes in most cases had to be carried often a mile to the river, as the supply of water in the villages is never sufficient for washing clothes. Naturally to the many who had not only become accustomed to running water in their houses, but also to modern washing machines, this way of washing did not appeal and they would not walk down to the washing place, but paid a woman to do their work. This meant a great deal of money every week, as Americans are considered to be millionaires or very near it, so the prices asked were always very high.

Then the cost of food now is sometimes higher than in the cities, as the produce in villages is generally what is left over from that exported to town. Besides, plumbing in Italy, except in the big cities, is absolutely unknown; only primitive ways of bathing are indulged in and a bathroom in a village house is unknown. This is due to the great lack of water in villages all over Italy, although in reality in out-of-the-way woods there are wonderful springs, but the water runs to waste, as these sources are far removed from the villages and towns.

In one small village, in the province of Rome, called San Felice, nearly all the male adult population over twenty-five years old had been to America, made a little money, returned to their families and bought a little vineyard, which they worked until a longing to return to the new country forced them to take ship and leave for New York. Some of these men have been four or five times in America, speak English and are longing to go again.

Many of them returned to Italy to serve their time during the war, and only now wait an opportunity to get away. Emigration now is not so easy, as one must have a job ready to step into as soon as the ship reaches New York. Many of them, who have their families growing up and whose wives have never been to America, are planning to leave their families and go over for a year or so. Those whose wives have been to America and have lived there are returning with their families, as the wives refused to remain behind, as they find Italy too dirty.

missioner Claxton of the United States bureau of education has said:

"The kindergarten is a vital factor in American education, both for its direct work with young children in the kindergarten and for its influence on the care of children in the home and on methods of teaching in the schools. It ought to become a part of the public system of every city, town and village in the country."

Seven Killed on Subway in 16 Years.

New York.—Only seven passengers have been killed by subway in New York City in 16 years, according to a statement made public by Frank Hefley, president and general manager. During that time 4,301,000 passengers were carried.

Married Four Times, But Two Wives.

Little Rock, Ark.—Four times married and three times divorced, Dr. R. L. Maxwell, has had but two wives. Through divorce and remarriage his first wife became his third wife, and by the same process his second wife is now his fourth wife.

CAP and BELLS



OBEDIENCE.

"Josh," said Farmer Cornstossel, "don't you know that children ought to obey their parents?"

"Course I do, father. Only they've got to use some judgment. You know just as well as I do that if I was to do everything you tell me to when I'm running the family flivver, we'd be ditched in no time."

Impressions.

"That antagonist of yours says he is going to leave footprints in the sands of time."

"He won't," replied Senator Sorghum. "His mind is in the clouds. He is an intellectual aviator. When he comes down he will leave a dent, not a footprint."

A Back-Header.

Mrs. Scapley—I really don't know what would happen, Richard, if ever you agreed with me on any subject.

Scapley—Something serious, probably, for we'd be dead wrong.

His Effort.

"That clumsy boy let the galley fall and he's made 'pl' of the copy of that murder story we were rushing."

"Don't blame the boy. He was only breaking bad news."

Analogy.

"Pop, is a man who steals autos an autojack?"

"Yes, son."

"Then is a man who steals boots a bootjack?"



WILL NEED IT

"The next man I marry will have to have money."

"He certainly will. If he is going to try to provide you with all the things you have asked me to get."

Terrorism.

The "terrorist," if he would prove an influential elf, before he tries to make a move must be scareproof himself.

Too Much.

"Can't you put some ginger in that scene?"

"Why, don't you see where all the characters are going on a wild carouse on ginger ale?"

It's Extent.

"That dentist's practice is spreading, isn't it?"

"I should say so. It covers aches."

Fully Understood.

"Have you any difficulty in getting the proper diet for the invalid?"

"No, indeed; the doctor has ordered some of that prepared desecrated food."

How He Learned.

"You're a very careful driver."

"Yes ma'am. When I learned to drive there were always three women in the back seat tellin' me what to do."

In the "O" Zone.

"What is your age?"

"Twenty-two summers, judge."

"You must have been living in a cold climate."—Cartoons Magazine.

The Net Result.

"When you started this drive for such a large amount, did you succeed in raising anything?"

"Sure; I raised Cain."

Applying the Screws.

"We've raised the rents on your flats all we can."

"Isn't there any way of demanding a bonus?"—Browning's Magazine.

Feminine Determination.

"I forbid any further extravagance in this house-furnishing business. I want you to understand, madam, that I put my foot down on any new carpets."

All right, John, dear; they'll be there to put it down on."

Too Numerous.

"It's wrong for a man to keep a card index of his enemies."

"It is indeed," said Senator Snorts-worthy. "And if he happens to be in politics, it's impossible."

Millions for a New Stomach

One of the greatest American millionaires said to his physician, "A million dollars, Doctor, spot cash and no grumbling, for a new stomach," and then the sick man groaned and turned away. All his wealth could not make him happy or contented, for happiness largely depends upon digestion. Without health where does happiness come in? After all the stomach plays a great part in everyday life. Without a healthy stomach and good digestion our blood is thin, watery and poor, our heart action is weak, our liver does not do its duty, and man is miserable and unhappy. Prevent disease by putting the house in order and strengthening the system against the germs of disease.

Dr. Pierce of the Invalids' Hotel and Surgical Institute, at Buffalo, N. Y., years ago understood diseases and their prevention, and he discovered certain roots and herbs which were nature's remedies, and succeeded in putting them up in a form that could be easily procured at the drug store (liquid or tablets). This he called Dr. Pierce's Golden Medical Discovery. This Discovery gives no false stimulation because it contains no alcohol or any narcotic. It helps digestion and the assimilation of such elements in the food as are required for the blood. It gives to the blood the food elements the tissue require. For over fifty years it has enjoyed the confidence of the American public. Try it now!



Vaseline Carbollated
Reg. U. S. Pat. Off.

PETROLEUM JELLY
A convenient safe antiseptic for home use. Invaluable for dressing cuts and sores. A time-tried remedy.

REFUSE SUBSTITUTES
CHESEBROUGH MFG. CO.
State Street New York

TOO LATE

Death only a matter of short time. Don't wait until pains and aches become incurable diseases. Avoid painful consequences by taking

GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles—the National Remedy of Holland since 1895. Guaranteed. Three sizes, all druggists. Look for the name Gold Medal on every box and accept no imitation.



Cuticura Soap Imparts The Velvet Touch

Soothes and Heals.
No need suffering any more with catarrh. Leading druggists guarantee that if a Hyomei outfit does not relieve you, they will pay for it themselves.

HONEY

EXTRA CHOICE CLOVER EXTRACTED HONEY in 40 lb. cans. 42¢ case of two cans. Ref. Farmers' Trust and Savings Bank here. J. D. BEALS, OTO, IOWA.

E-Z Dustless-Ebony Stove Polish
E-Z IRON ENAMEL FOR THE FIRE
E-Z METAL POLISH FOR THE NICKEL
E-Z SHOE POLISH SAVES SHOE
All Dealers—Money Back Guarantee

PATENTS Watson E. Coleman, Patent Lawyer, Washington, D. C. Advice and book free. Rates reasonable. Highest references. Retention.

Men—Make Big Profits in your own town. I show you how. Legitimate and easy to learn. Dollar bill gets information and plans. F. E. DAVENPORT, Grinnell, Iowa.

FARMERS—Ship your own Poultry, Eggs and Rabbits to the Consumers, 215 Wisconsin Ave., Kansas City Mo. Highest Cash Buyers.

FRECKLES (Positively Removed by Dr. J. C. Watson, 215 Wisconsin Ave., Kansas City Mo.)